

# FOOD SERVICE NEWSLETTER



## FEATURED ITEM

### Turkey Chili with White Beans

## Nutrition Facts

Serv. Size: 3/4 cup 6.8 oz (193g)

Servings per case: Approx. 85

Amount Per Serving

**Calories 160** Fat Cal. 15

% DV\*

**Total Fat 1.5g** 2%

Sat. Fat 0g 0%

TransFat 0g

**Cholest. 40mg** 13%

**Sodium 640mg** 27%

**Total Carb. 16g** 5%

Fiber 3g 12%

Sugars 4g

**Protein 18g**

Vitamin A 6% \* Vitamin C 10%

Calcium 8% \* Iron 15%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		2,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 \* Carbohydrate 4 \* Protein 4

## Beans, Peas and Lentils

Beans, peas and lentils belong to a group of vegetables called “pulses”. Pulses are a unique food group because they are considered both a vegetable and a protein.

Pulses are considered a vegetable because they are an excellent source of vitamins and minerals like folate and potassium, similar to other vegetables. Folate is important for our blood cells, and potassium can help lower our blood pressure. Like vegetables, pulses are also high in fiber. Fiber is important for digestion, helps us feel full and may help lower our cholesterol. Fiber also helps provide food for some of the good bacteria that live in our digestive systems. These bacteria help make some of the vitamins our bodies need, like vitamin K. Keeping our gut bacteria healthy keeps us healthy too. Diets high in fiber may reduce the risk of heart disease, obesity and diabetes.



Unlike most vegetables, pulses are also excellent sources of protein. They have iron, which is also important for our blood cells, and zinc, which can help prevent colds. Because they provide iron and zinc in similar amounts to animal proteins (like meats, poultry and seafood), they are also part of the protein food group. But unlike animal protein, pulses are also high in fiber. This combination of being high in nutrients and fiber is why beans, peas and legumes are recommended for everyone, even people who also eat animal protein regularly.

Examples of pulses include kidney beans, pinto beans, black beans, lima



beans, black-eyed peas, garbanzo beans (chickpeas), split peas and lentils. Green peas, green lima beans and green beans aren’t considered pulses because they have nutrients that are similar to other vegetables, but don’t have as much protein as other beans, peas and lentils. Instead,

green peas, green lima beans and green beans are part of the vegetable group.

*The information in this article comes from the Dietary Guidelines for Americans and My Plate, both developed by the United States Department of Agriculture and the Department of Health and Human Services. This article was contributed by the Washington State Department of Health.*

# New On The Menu

A hot meatball sandwich was introduced to the menu, served on a hot dog roll with marinara sauce and shredded cheese.

As a result of supply chain issues limiting availability of canned pineapple, a Chicken in Creamy Garlic Calzone was introduced to temporarily replace the Hawaiian Calzone.

**Holiday Mainline Meals:** The DOC Food Service teams are working to do their best to serve meaningful mainline meals at our holidays this year. Knowing that 'Grab & Go' and satellite feedings will take away from fellowship and holiday 'feel'; we wish all the best to those in our care.



## Fun Food Facts & Food Humor



In ancient Greece, minor public officials were elected by drawing beans. The person who selected the discolored bean got the job.

North Dakota has retained its position as the top-ranking producer of dry edible beans in the United States since 1991.

Vermont ranks highest in the U.S. in searching for bean recipes online. Montana and Wyoming are second and third.

Every hour, 38.5 tons of baked beans are eaten in Britain.

The top five beans grown in the United States are pinto beans, navy beans, black beans, red kidney beans, and great northern beans.

The Alabama Butterbean Festival set the record for the largest pot of baked beans at 1,010 gallons.

### Menu Product Development and Item Selection

#### Correctional Industries Technical Services- CITS Food Product Research & Development Lab:

After long pauses in both '20 & '21 the product development department is becoming functional again.

CI continues to react to all the vendor shortages, requiring ongoing menu substitutions, and modifications to multiple mainline recipes. We continue to ensure product acceptability and specified nutritional values are being met.

CITS continues with our quality review process and takes into account the likes and dislikes presented by the incarcerated population and food services staff.

The Airway Heights Food Factory has been resilient in operations, having to stop & start as different setbacks limit incarcerated workers and equipment functionality. A major bakery proofer upgrade will soon have that operation back at full capacity.